Green Bean Casserole

Preheat oven to 350°F. Drain green beans. In a large bowl, mix green beans, mushroom soup, tofu and 1/2 cup dried onions together and pour in casserole. Add remaining dried onions over top of casserole. Bake uncovered for 45 minutes until bubbly.

Makes 6 cups.

INGREDIENTS...

- 1 can (28 oz.) cut green beans
- 1 can (10.75 oz.) cream of mushroom soup
- 1 pkg (12 oz.) firm silken tofu
- 1/2 cup french fried onions
- salt & pepper to taste

Per cup:
- Calories: 98
- Total fat: 6 g
- Saturated fat: 1 g
- Cholesterol: 1 mg
- Sodium: 295 mg
- Carbohydrate: 7 g
- Protein: 5.3 g
- Soy Protein: 2.8 g
- Dietary Fiber: 0.5 g

NEBRASKA SOYBEANS

Soybean Fact... Soyfoods, which are typically low in saturated fat, can be used to reduce or replace other protein sources with higher saturated fat content.

For more enjoyable soy recipes call 800-852-BEAN